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LANZAROTE
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Boston Chicken Creamed Spinach

Categories: Copycat, Vegetables Yield:
4 servings

-patdwigans fwds07a 1 tb Flour

4 tb Butter, margarine or canola -oil

1/2 ts Garlic salt

Salt and pepper 20 oz Frozen chopped
spinach; cook -and drain

1 sm Onion; diced

In a saucepan, on medium heat, stir
together with wire whisk soup, flour,
butter, garlic salt, salt and pepper until
smooth and piping hot. Combine with
spinach and onion. (MY NOTE:I'd

substitute fresh minced garlic for the garlic salt).